

Dear Fellow Employees:



The WOW – Working On Wellness Team – reminds you to visit
http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html.

The Web site offers information on the following to help you live a healthier lifestyle: move more and eat better, fitness club discounts, wellness events, healthy work-life, men's and women's health, and more.

We encourage you to share your personal story of what you are doing to improve your health. We also would like to feature what is happening in the worksite to promote employee wellness. Please email us @ MDCS-WOW-WorkingOnWellness@michigan.gov.

February is National Cancer Prevention Month and American Heart Month. Read more about these events on the WOW Web site.

You are invited to link to the updated WELCOA (WELLNESS COUNCILS OF AMERICA) Bulletins for additional wellness information:

BETTER SAFE

http://infopoint.welcoa.org/bulletins/pdf/bs_v9_no4.pdf

DAY IN & DAY OUT

http://infopoint.welcoa.org/bulletins/pdf/dido_v9_no4.pdf

TO YOUR HEALTH

http://infopoint.welcoa.org/bulletins/pdf/tyh_v9_no4.pdf

Thank You,
The WOW Team
Employee Health & Wellness